

## Abstract of the Disclosure

An optical recording method and apparatus in which a main light spot and a secondary light spot at a predetermined distance ahead of the main light spot in a track direction along which an optical disc rotates are formed on an optical disc. When a mark is recorded by the main light spot in response to a recording signal, an existing mark is partially erased by the secondary light spot during a recording signal period and then completely erased by the main light spot during an erasing signal period. Accordingly, an optimal erasing ratio can be obtained even during fast erasing. Therefore, in the present invention, a mark can be fast recorded on the optical disc, and fast mark recording can be achieved in an optical disc having no special crystallization accelerating layers for accelerating erasing.